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(Information background material for use by State FMA Directors and AAA  
committeemen serving as local food managers under the FAMINE EMERGENCY  
COMMITTEE)

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### Introduction

#### "PROVE YOUR FAITH"-- SHARE TO SAVE

America's obligation to do everything possible to reduce the terrible suffering caused by acute food shortages in all parts of the world is seen by President Harry S. Truman as a moral responsibility of the highest order resting squarely on the shoulders of each of us. Here is what he told the Federal Council of Churches of Christ in America at Columbus, Ohio, on Wednesday, March 6:

"Now that victory has come, that (production of weapons for war) has stopped. But throughout the world there are now millions and millions of men, women and children who still look to the rich and powerful nations of the world for help. Principally they look to the people of the United States for help. They look to you for help. Not help to fight an enemy, nor help for luxuries and extravagances -- but

just help to keep themselves alive. help in the form of food and clothing, the bare necessities of life. Of course we cannot feed them all. But we can go a long way toward doing it if you want to cooperate and do it.

As your President, I appeal to you again -- and to all Americans everywhere -- to prove your faith and your belief in the teachings of God by doing your share to save the starving millions in Europe and Asia and Africa. Share your food by eating less, and preventing millions from dying of starvation. Reduce your abundance so that others may have a crust of bread. In short, prove yourself worthy of the liberty and dignity which you have preserved on this earth, by helping the less unfortunate who have been starved by the dictators for so many long years and who still starve even in liberation."

(Source: N. Y. Times, March 7, 1946)

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#### European Famine Facts

##### EFFECT OF HUNGER

Effects of hunger on the human body are graphically illustrated in findings of a British project of feeding hungry Dutch children, reported by Eleanor Roosevelt.

The children needed shoes two sizes larger than would be normal for the size of their clothes. Their shoes also wore out twice as fast as shoes worn by normal children. X-ray pictures revealed that the children's feet were without bones. Their feet, therefore, spread and dragged as they walked. This in turn made them shuffle along and wear out their shoes.

Extra calcium and better food largely remedied the bone deficiency.

(Source: "By Day" 3-11-46)

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### EFFECTS OF MALNUTRITION

Malnutrition is showing itself in many forms in Europe. People seem to have lost their reflexes. Not long ago an American was inspecting a factory on the Rhine. As he was driving slowly through the grounds, a workman walked right into the side of his car, backed away and angled off in another direction as if he had registered nothing. Doctors explained this sleepwalking behavior, common all over Europe, as stemming partly from vitamin deficiencies.

(Source: Collier's Report from Berlin in March 23 issue)

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### DISEASE RUNNING WILD AMONG EUROPE'S HUNGRY

The health of many Europeans is so bad, due to the food shortage, that millions are threatened with death.

Malaria has gotten out of control in Greece, and is widespread in Holland.

Typhus outbreaks of serious proportions have occurred in Yugoslavia.

One out of every 350 persons in the cities of Poland are dying from tuberculosis.

In Warsaw, one-fifth of the population have tuberculosis.

French children are distinctly below prewar standards of height and weight.

One baby out of every 10 born in Amsterdam Holland...two out of every ten in Southern France.

(Source: Dr. Louis I. Dublin in March "American" magazine)

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...these are the result of ...  
today's reports from overseas ...

...ration data are announced and ... famine areas reported ...  
daily. Practically every country in the world has filed a plan for food  
with the Combined Food Board.

American diet experts say 2,000 calories a person a day are needed  
to maintain health. In the British-occupied zone of Germany, the ration  
is down to 1,000 calories. ... Austria has cut her bread ration by one-third  
and Italy has discretionary paste ration to three-fourths. ... 95 percent of  
the ... suffer from malnutrition. It is estimated 7 million will  
die of starvation in India this spring.

In the wake of famine, stalks its inevitable companion, disease.  
Dysentery, typhus, and other diseases almost forgotten in many parts of  
the world are becoming prevalent in Europe. Children are the greatest  
sufferers. Only a relatively mild winter has saved thousands from illness  
and death.

In Belgium, mental and physical disorders have increased four-  
fold. ... the small number of children are being treated in homes  
for their weakened condition.

The tuberculosis rate in Italy has almost doubled since 1940.  
... and ... are the country's worse health problems.

In Greece, one out of every eight children is dying. Greece  
reports a ... decline in the birthrate and rise in infant mortality.  
In Turkey a typhus epidemic is imminent.

Source: New York Times, 3-13-45; Richter and Hingle, OPAR

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## CHILDREN, VICTIMS OF WORLD WAR II

All wars are fought against children. The full story of their victimization in World War II will never be told. But their suffering tragedy started with a gradual reduction of food rations. Then clothing and soap became scarce -- particularly vicious on babies.

What then? Undernourishment and lack of cleanliness paved the way for scabies, typhus, and tuberculosis. Because of their limited physical resistance, thousands of children are dying in Europe this year. In Paris, tuberculosis among children increased 48 percent in some districts, and in southern France, as much as 78 percent.

Americans can't save all the European children already in the last stages of disease. But they can rebuild the weakened bodies of those still fighting for life, and build up resistance to disease in others, by providing them with nutritious food -- wheat, and fats and oils.

Food can be saved by following the recommendations of the United Nations Emergency Committee. We wouldn't let a neighbor starve, and Europeans are our Eastern neighbors.

(Source: 2 paragraphs - Collier's weekly)

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UNRRA officials, checking on the food supply situation in a small and isolated Yugoslav town were met by the elders who at first seemed to indicate by their silence and resignation that all was well. Finally, one of the bearded elders, stolidly said: "We aren't so bad off here -- only, our children eat every other day."

(Source: UNRRA files)

It happened in a crowded room where men, women, children, and babies were living among the ruins of the city in a railway station.

The farmer was carrying a loaf of black bread for his children. A boy dropped his and dived under the feet of the crowd to come up with it, but missing the bread. A group of Polish boys between 12 and 17 started a "demonstration." Everybody started yelling and shouting. After a while a group of American MP's came in and restored order.

That scene is being repeated all over Europe today. Children fight for bread, and small orphans wander the streets as professional beggars. They even steal for bread.

Americans can help put bread into the hands of some of these children. They can decrease their daily consumption. They can think of how we feed our own children when they reach for the second slice of bread.

If each man, woman and child in the United States reduced the use of bread by three slices a day in the home, almost three-fourths of a million tons of wheat would be freed for shipment overseas in the next 90 days.

If you save a little, you can help a lot.

(Source: Collier's Weekly; USDA 527-46)

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"One little girl carried in what we thought was a baby about seventeen months old. His little arms and legs had not developed and he was tiny in size. You can imagine how early it was to have that baby turn around and talk to us like an old man. He was over five years of age and he couldn't walk."

(Source: UIRRA)

二、三、四、五、六、七、八、九、十、十一、十二、十三、十四、十五、十六、十七、十八、十九、二十、二十一、二十二、二十三、二十四、二十五、二十六、二十七、二十八、二十九、三十、三十一、三十二、三十三、三十四、三十五、三十六、三十七、三十八、三十九、四十、四十一、四十二、四十三、四十四、四十五、四十六、四十七、四十八、四十九、五十、五十一、五十二、五十三、五十四、五十五、五十六、五十七、五十八、五十九、六十、六十一、六十二、六十三、六十四、六十五、六十六、六十七、六十八、六十九、七十、七十一、七十二、七十三、七十四、七十五、七十六、七十七、七十八、七十九、八十、八十一、八十二、八十三、八十四、八十五、八十六、八十七、八十八、八十九、九十、九十一、九十二、九十三、九十四、九十五、九十六、九十七、九十八、九十九、一百。

## JAF KIDS FIGHT FOR NORTH DAKOTA

An incident of hungry Japanese children fighting for every bread  
told by a Navy veteran, may help give a fuller appreciation of how hungry  
people act -- how they must feel.

Bread usually flour after a long time at hand.

"Instead of throwing the hard bread overboard, we thought it better to give it to the hungry children in Tagaytay. So we filled three jute sacks with bread and took it ashore.

"The Joe kids gathered up droves when they found out we had bread. They begged and pulled and fought to get hold of a loaf. When one kid would get a loaf, others would grab for it. A fight would begin. Each kid would try to get a handful of bread. Then he'd run away from the crowd, gobble it down, come back, and start fighting for more.

"Bread was rolled in the dirt...kicked around...and fought over. But every crumb was eaten."

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An Army veteran tells of Filipinos after liberation, returning from their hill hideouts so hungry that they ate paper and all when sympathetic G.I.'s offered them "K" rations.

Other veterans tell of hungry Italians swimming in Naples Harbor gathering and eating floating garbage -- lettuce leaves, apple peeling, etc. -- dumped over the side of naval vessels.

(Most veterans of duty in occupied countries can relate instances when they saw hungry people fighting desperately for a parcel of food. Such veterans might be called on to tell their experiences to help others visualize the suffering of hungry humans.)

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## UNDERNOURISHED CHILDREN

European children are undernourished, but don't look so. In places starved with considerable sugar (there are enough sugar beets for local use), make them fat and round. The anemia which doctors say afflicts virtually every child examined, gives their skin a clear, transparent quality which passes for beauty until you realize what causes it. Or until their faces and hands break out into blotches of ugly sores.

Many have goiter. Others have peculiar lime granules. One boy brought into a hospital outside Prague, was a year old and weighed 12 pounds.

In Albania, the total number of undernourished children is about 70,000. In Czechoslovakia, children up to three years are entitled to two-thirds of a pint of milk, if they can get it. A can of condensed milk costs ten dollars, and is frequently spoiled.

Greece has more than 30,000 homeless and sick orphans. In the Netherlands, there are 4,000 who have not yet been identified. In Italy, orphans and destitute children gather in roving gangs and live from theft.

In Yugoslavia, thousands of children do not know who their parents were or where they came from. They were too small when their parents were killed, and were just picked up by passers-by. Their food consists of plants, roots, leaves, kernels, and water. They look like skeletons, are covered with lice and suffer from every imaginable disease.

Only America can help these unfortunates. If food is provided for them, other families and institutions will take them in. But they look to America for food.



WHEAT AND FLOUR SITUATION

We are still running behind in our shipments of wheat abroad. You remember thousands of humans, many of them small children, are dying every day because of it.

Some have said recently, however, that we will soon begin to meet our goal of one million tons per month. To date, practically all the elevators are open; a short time ago most of them were plugged. The freight car situation has eased considerably, and increasing numbers of cars are rolling to shipping ports.

There is one enormous and country-wide bottleneck left; or, rather a series of little bottlenecks. Wheat just isn't moving off the farm fast enough. Wheat is in storage on thousands of farms -- lying idle and useless. There is still the false impression that all the elevators in the country are plugged, and because of this so many farmers aren't turning loose their wheat.

During the first six months of the current fiscal year we exported about five million tons of wheat and flour. Our goal for the January-June 1946 period is six million tons. This is enough wheat to furnish one-half of a loaf a day to about one and one-half million people for a period of six months.

Our relief needs abroad are so great that we cannot afford to fail in the achievement of the export goal. Foreign requirements during the January-June 1946 period are conservatively estimated at over 20 million tons. Export supplies in the United States, Canada, Australia and Argentina, on the other hand, total between 10 and 12 million tons. Full achievement of our export goals, therefore, will still leave a deficit of at least eight million tons. This means a bare subsistence diet of 1100 to 1500 calories a day for large groups throughout Europe and Asia.

In other words, there will be precious little to eat in the war-stricken countries, even if we meet our goals. If we don't meet them...

The need for the food in almost all parts of the world is a fact which we know, and our fellow citizens will not fail to take cognizance of the desperate situation once the facts of human suffering are before them. The almost certainly inevitable reaction will be -- what can we individuals, do to help? Here's the answer:

As fellow humans of the starving we can --

1. Cut our bread consumption. Estimates are that one slice out of every loaf of bread baked every day goes into the garbage. Let's bread make up for it with potatoes.

2. Eat cereals instead of bread -- one dish of oatmeal equals two slices of bread in food value.

3. Cut out desserts made of wheat -- if we must have desserts while others are starving, use fruits. No pastries or cakes.

(Remember, if all of us would cut our daily home bread consumption by three slices a day, about three-fourths of a million tons of wheat would be ready for shipment overseas in the next 90 days.)

4. Save fats and oils by making better use of meat drippings for cooking, serve fewer fried foods, save and re-use fats and oils. Save bacon grease for cooking, salvage all fats that cannot be re-used and turn them in to your butcher or grocer. Eliminate oils and salad dressings.

5. Help the farmers by planting Victory Gardens again and canning food at home.

(Another punch line -- a teaspoon of fat saved each day for each person in the U. S. will mean a total saving of at least 1 million pounds of fat a day.)

... (1) grow to make products; (2) use open markets for ... (3) use no more ... (4) use oil rather than ... (5) use the customer's ... (6) use oil and cookies instead of ... (7) use potatoes instead of heat and rice side ... (8) cut the size of rolls and thickness of bread in the baking; (9) use fruit and other ingredients in place of pastry, pies and cakes; (10) reduce the number of crackers served with soups, etc; (11) absolutely give up three layer cakes; (12) urge the customer to order only what he is sure he can eat; (13) substitute oil dressings for oil dressings on salads; (14) use wheat cereal ... (15) re-use food fats and salvage grease; (16) save ... of bread now wasted; (17) boil or broil rather than fry ... where possible.

#### The bakery chef:

(1) reduce the weight of their products by at least 10 percent; (2) ... (3) slice bread thinner to get more slices per ... (4) save flour, fats and oils by avoiding spoilage and waste.

#### Food distributors and manufacturers can:

(1) promote the use of currently more plentiful foods in the consumer ... (2) Give consumers recipes for ... (3) conserve food by cutting waste in food distribution channels; (4) encourage consumers to conserve and re-use foods and oil.